Carry these essentials on all hikes for a safe and enjoyable experience.

1. Navigation
   - map, compass, GPS system, extra batteries

2. Insulation
   - waterproof/windproof jacket, hat, face mask, goggles, gloves, thermals, wool socks (wear layers, pack extras)

3. Gear
   - snowshoes, traction devices, gaiters, insulated/waterproof boots, trekking poles

4. Light
   - headlamp, flashlight, lanterns, extra batteries

5. First-aid supplies
   - pre-made kit or build your own

6. Emergency kit
   - whistle, signal mirror, flare, duct tape, pocket knife/multi-tool

7. Fire
   - matches in waterproof container, lighter, fire starters

8. Nutrition
   - high-protein/high-calorie (pack extra, break into small pieces, pack in center of bag to avoid freezing)

9. Water
   - plenty of water, a water filtration system, insulators on tubing (pack in center of bag to avoid freezing)

10. Emergency shelter
    - space blanket, tent, bivy sack, rope/paracord

IN AN EMERGENCY CALL: 911
DEC EMERGENCY DISPATCH: 518-408-5850
IN THE ADIRONDACKS: 518-891-0235

NEW YORK STATE Department of Environmental Conservation